

# Snack List

apples & yogurt dip

popcorn

trail mix

celery & peanut butter

string cheese CARROTS & RANCH dip

chips & salsa

granola

PLAIN YOGURT & JAM

saltine crackers & cream cheese

APPLE SAUCE

rice crackers

smoothie

pretzels

apple chips

grape tomatoes

yogurt parfait

gogurt

FRESH FRUIT OR BERRIES

toast & peanut butter

fresh vegetables

fruit leather

dried fruit

handful of nuts

fruit salad

seasoned oyster crackers

cheese & crackers

cottage cheese

pita chips & hummus

fruit popsicles